

Havertown, PA -- Congressman Joe Sestak (PA-07), a Veteran of 31 years in the Navy, honored Veterans at a number of events during Memorial Day.

On Monday afternoon, the Congressman participated in the American Legion Post 338's Memorial Day Ceremony. He spoke about the unique characteristic bread into American youth by our families and communities that has allowed them to accomplish extraordinary results as they defend this Nation and the principles upon which it stands. He was joined by members of the post, as well as Haverford Township officials.

Earlier in the day, Congressman Sestak kicked off the Lansdowne Memorial 5K Run, hosted by the Lansdowne Economic Development Group. He continued to celebrate the holiday at the Springfield Parade, joined by wife Susan and daughter Alex. Following the parade, he travelled to Ridley Park to participate in the township's Memorial Day Ceremony. Finally he visited Darby VFW Post 598 where members had created a wall full of pictures of fallen soldiers from Delaware County.

"Our men and women in uniform have served our country courageously and performed brilliantly – just as they always do," said Congressman Sestak. "Memorial Day is one day a year, but we should remember every day those who have fallen, care for those who are injured in our ongoing conflicts overseas, and honor those who have served."

*Former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, and was Commander of an aircraft carrier battle group of 30 U.S. and allied ships, with more than 15,000 sailors and 100 aircraft, that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He previously served in the White House as President Clinton's Director for Defense Policy. According to the office of the House Historian, he is the highest-ranking former military officer ever elected to the U.S. Congress.*

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